



Murfreesboro Parks and Recreation
Department

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Join our Email Event List!

Sign up at:

www.murfreesborotn.gov/parks





City of Murfreesboro

Access Statement

The City of Murfreesboro does not exclude anyone from participation nor deny the benefits of or otherwise subject to discrimination on the basis of race, national origin, color, age, or disability. Any complaint alleging discrimination may be filed with the Mayor of the City of Murfreesboro.

It is the goal of Murfreesboro Parks and Recreation to make its programs and facilities available to the public. If you or someone you know has a disabling condition and would like more information about accessibility of programs or facilities, call the main office of the Murfreesboro Parks and Recreation Department at 890-5333 or TDD 849-2689.

Any city resident needing financial assistance to participate in any activity may contact the main office of the Murfreesboro Parks and Recreation Department, located at 697 Barfield Crescent Rd., to receive a copy of its financial assistance policy.



Parks and Recreation Commission

The purpose of the commission is to provide leisure recreation opportunities and facilities for all residents of Murfreesboro. The commission shall have jurisdiction over all the recreation programs, park areas, and buildings set aside for recreation in the City of Murfreesboro.

Commission Members: Mr. D. Edwin Jernigan, Chair, Mr. Chris Bratcher, City Council, Mr. Tim Roediger, Ms. Elsie Easter, Dr. Linda Gilbert, Mr. Harold Yokley, Mr. Eddie Miller, Vice Chair, Mr. Tim Tipps, Mr. Shane McFarland, City Council, and Mr. Bill Allen (ex officio).

Refund Policy

- A full refund will be given when a patron cancels more than one week prior to the activity, event, facility rental, program, other rentals and/or services.

- A \$5.00 administrative fee or 5% charge of the total fee paid, whichever is greater, will be assessed to the patron when canceling or dropping out of the activity, event, facility rental, program, other rentals and/or services one week or less prior to the activity, event, etc.

- A prorated fee will be assessed to the patron once the program, class or activity has begun and patron cancels or drops out of said program, class or activity.

Job Opportunities with Murfreesboro Parks & Recreation

Interested in working with us? Please visit our city website: www.murfreesborotn.gov and click on the "Job Listings" section for the latest information about full-time and part-time positions available with Murfreesboro Parks and Recreation.

Cable TV - Channel 3

Please watch the Parks and Recreation Commission meetings each month, usually the 1st Wednesday of every month, for the latest news and developments of Parks and Recreation. We are often featured on the segment, In the City, as well as on the daily bulletin.



Mistakes Happen...

Occasionally there may be an error in days, times, registration requirements, or fees in this brochure. When such errors do occur, the staff will do everything possible to correct the situation promptly. Check our website, www.murfreesborotn.gov/parks for the latest updates and changes.

Photos

The Murfreesboro Parks and Recreation staff takes photos and videos at our programs, events or on park property. These photos or videos may be used in our brochures, advertising, or other publications. If you do not wish to be in a video or have your photo taken, please tell our photographers.

Check us out!

www.murfreesborotn.gov/parks

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Patterson Community Center

Reservations & Information: 893-7439

Located at Patterson Park (521 Mercury Blvd.) in the central area of Murfreesboro. Some of the amenities are: two gymnasiums, theatre, indoor water park, game room, conference center, 1/8 mile track, wellness center, aerobics studio, dining room and library. Meeting rooms are available seven days a week, and the pool on weekends only for rentals.

Hours: M-F 6a.m.-9p.m. / Sat. 8a.m. - 5p.m. / Sun. 1-5p.m.

Sports*Com

Reservations & Information: 895-5040

Sports*Com is located at McKnight Park (2310 Memorial Blvd.) in the northern area of Murfreesboro. Amenities include a gymnasium, 1/16 mile track, aerobics area, fitness equipment, game room, meeting room, 25-yard indoor pool, 50-meter outdoor pool, and 4 sand volleyball courts. The pools are available for rental on weekends, and the meeting rooms are available seven days a week.

Hours: M-F 6a.m.-9p.m. / Sat. 8a.m. - 5p.m. / Sun. 1-5p.m.

Admission & Passes

	Daily	30 Visits	Monthly	Yearly	Family*
Premium	\$4.00 / \$3.00	\$60.00 / \$45.00	\$35.00 / \$25.00	\$315.00 / \$225.00	Yearly \$450.00
General	\$3.00 / \$2.00	\$45.00 / \$30.00	\$25.00 / \$15.00	\$225.00 / \$135.00	90-Day \$150.00

First fee listed is Adults and second fee listed is Youth & Seniors. One child under age 4 is free with a paid adult. Does not apply to city-sponsored wellness or fee-based classes.

Premium Pass:

Includes admission to both PPCC and Sports*Com, pool, all areas of the center, including racquetball courts, and city-sponsored wellness classes. Does not include fee-based classes.

General Pass:

Includes admission to both PPCC and Sports*Com, pool and all areas of center. Does not include city-sponsored wellness classes, fee-based classes or racquetball courts.

*Family Pass:

The 90-day family pass includes general admission privileges and the yearly family pass includes premium pass privileges & Tot Watch. Family is defined as married husband and wife, or parent with dependent children 17 years or younger (22 years or younger if full-time student).

Monthly = Unlimited daily visits for 30 days from date of issue. / **30 Visits** = 30 daily visits over a one-year period from date of issue.

Yearly = Twelve months from date of issue.

Tot Watch

Available at Sports*Com & Patterson Community Center for ages 6 months - 7 years.

Cost: Premium Yearly / Monthly Pass Holders: \$1.00/child

General Pass Holders, Premium 30-visit pass holders or daily admission: \$3.00/child

Note: Tot Watch is included in the Family Yearly Premium Pass only.



Cannonsburgh Village

Reservations & Information: 890-0355

Cannonsburgh Village is located on 6 acres at 312 South Front Street. This example of a rural southern village is indicative of pioneer villages of the 1800s. The village consists of: the Visitor Center, gristmill, 1800s residence with dogtrot, the Leeman House, Art League and Diorama, L&N Caboose, and the Williamson Chapel. The grounds, chapel, Leeman House and gazebo are available for rental.

Visitor Center Hours: Tues.-Fri. 10 a.m.-4 p.m.

Closed on Saturday, Sunday & Monday / Grounds open all year.



Wilderness Station

Reservations: 217-3017

Located in the Barfield Crescent Park (697 Barfield Crescent Road), the Wilderness Station is the city's unique outdoor awareness and adventure facility. It is nestled along the edge of the woods, just a short drive past the disc golf area. Adventurous families, scouts and youth groups can camp in the primitive Backcountry Campground. Some of the amenities are: two educational classrooms, outdoor camping supplies and campsites. The retreat room is available for rental. Evening rentals and programs based on staff availability.

Hours: Sundays 12 - 5 p.m.

Mondays 9 a.m.-12 p.m.

Tuesday-Saturday: 9 a.m.-5 p.m.



McFadden Community Center

Reservations: 890-5333

The McFadden Community Center is on 3 acres located at 211 Bridge Avenue. The McFadden Community Center includes a gymnasium, outdoor playground, community room, game room, arts and crafts room and is the home of the Bradley Nursery School and Rutherford County Food Bank. The gymnasium and game room are available for rental on Saturdays and Sundays.

Hours: Monday-Friday 3-8 p.m.

Visit www.murfreesborotn.gov/parks for more information!

Siegel Park

Reservations: 890-5333

The community park area at Siegel is located at 515 Cherry Lane. There are 3 picnic shelters. The 2 small shelters are first-come, first-served. The large shelter is available for rental seven days a week, April-October. Restrooms are open year-round.

Shelter No. B	Seats Approx. 30
Shelter No. C	Seats Approx. 30
Shelter No. A	Seats Approx. 75

Barfield Crescent Park

Reservations: 890-5333

Barfield Crescent Park is a 430-acre +/- community park located at 697 Barfield Crescent Road in the southern area of Murfreesboro. Some of the amenities are: 2 playgrounds, walking/jogging trails, a frisbee (disc) golf course, volleyball net, horseshoes, and tetherball. Restrooms are located between #5 and #7. Pavilions 1,2,5,6,7 and 8 are available for rental seven days a week, April-October, with pavilions 3,4,9 and 10 available first-come, first-served.

Shelters No. 1,5,6,8	Seat Approx. 100 each
Shelter No. 2	Seats Approx. 75
Shelter No. 7	Seats Approx. 312
Shelters No. 3,4,9,10	Seat Approx. 24 each

Gateway Island & Trail

Reservations: 890-5333

This latest addition to the Murfreesboro Greenway System showcases a state-of-the-art reception center, gazebo, cascading waterfalls, fountains and lake overlook. Adjacent to a lighted greenway section, the island is located conveniently to the Gateway local business. Reception Center includes a catering kitchen, multipurpose room (15-20 capacity) and restrooms that are accessible to the public during park hours. Half Day & Full Day rentals are available.

General Bragg Trailhead

Reservations: 890-5333

The General Bragg Trailhead is located at 1450 W. College Street. Some of the amenities are: a trailhead for the Stones River Greenway, picnic shelter (available for rental April - October), playground and a dog park. Restroom is attached to the shelter.

1 Picnic Shelter	Seats Approx. 45
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McKnight Park

Reservations: 890-5333

McKnight Park is an 81-acre community park located at 120 DeJarnette Lane in the northern area of Murfreesboro.

1 Picnic Shelter	Seats Approx. 80
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Patterson Park

Reservations: 893-7439

Patterson Park consists of 10 acres and a 110,000 square foot facility located at 521 Mercury Blvd. The small shelter is first-come, first-served. The large shelter is available for rental April - October; please call 893-7439.

Large Shelter	Seats Approx. 100
Small Shelter	Seats Approx. 50

Rogers Park

Reservations: 890-5333

Rogers Park is a 7.5-acre park located at the end of Hunt St. (1115 Hunt St.). The facility includes: a picnic shelter with restrooms and picnic tables, an octagon-shaped picnic shelter with tables, two tennis courts, two basketball courts, a walking/jogging track, a playground and an open play field. Both shelters are available daily for rentals, April-October. Restrooms closed November-March.

Shelter No. 1	Seats Approx. 80
Shelter No. 2	Seats Approx. 45

Old Fort Park

Reservations: 890-5333

Old Fort Park is a 50-acre community park located at 1024 Golf Lane. Facilities include 3 picnic shelters (2 with restrooms), Kids' Castle Playground, 24 tennis courts, greenway access and open play space. Restrooms are located at shelter #3. Shelters are available daily for rental April - October. Picnic tables without shelters located throughout the park are first-come, first-served.

Shelters No. 1, 2	Seat Approx. 80 each
Shelter No. 3	Seats Approx. 120

Tennis courts at Old Fort Park
are open for play! Call 890-5333 to reserve.



Locations: 890-5333		Amenities																					
		Baseball / Softball Fields	Basketball	Camping	Bike Path	Fitness Center	Fishing	Concessions	Greenway Access	Hiking / Jogging	Horseshoes	Room Rentals	Picnic Shelter	Picnic Area	Playground	Racquetball	Canoe / Kayak Access	Soccer	Restrooms	Swimming	Tennis	Volleyball	
Patterson Park & Community Center			■	■				■	■														
Sports*Com / McKnight Park	■	■	■						■										■	■	■		■
McFadden Community Center			■																				
Wilderness Station				■					■										■	■			
Cannonsburgh Village												■							■	■			
Gateway Island												■							■	■			
Cason Trailhead												■							■	■			
Barfield Crescent Park	■	■	■	■	■	■		■				■	■	■	■				■	■			■
Bark Park - Off-leash dog park																							
Jaycees Mini-Park																							
Oaklands Park	■											■							■				■
Rogers Park		■										■	■	■	■				■	■			■
Old Fort Park	■				■							■							■	■			■
Siegel Soccer & Community Park		■										■	■	■	■				■				■
Walter Hill Park									■										■				
West View Mini-Park			■									■											
Murfree Spring Wetlands								■											■				
Thompson Lane Trailhead								■				■							■				
Broad Street Trailhead								■				■							■				
General Bragg Trailhead								■				■							■				
Manson Pike Trailhead								■				■							■				
Redoubt Brannan Trailhead								■				■							■				
Old Fort Park Trailhead								■											■			■	
Fortress Rosecrans Trailhead								■															
Overall Street Trailhead								■															
Cannonsburgh Trailhead								■											■				

Patterson Park Pool Schedule

Activity	Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
*Lap Swim	6a.m.-12:45p.m. / 2-8:45p.m.	6a.m.-12:45p.m. / 2-8:45p.m.	6a.m.-12:45p.m. / 2-6:30p.m.	9a.m.-12p.m.	N/A
Anchored Down Aqua	8-9a.m.	8-9a.m.	8-9a.m.	N/A	N/A
Squeaks n' Creaks	9-10a.m.	9-10a.m.	9-10a.m.	N/A	N/A
Rec Pool Play & Open Swim	10a.m.-12:45p.m. / 2-7p.m.** / 7-8:45p.m.	10a.m.-12:45p.m. / 2-7p.m. / 7-8:45p.m.	10a.m.-12:45p.m. / 2-6:30p.m.	1-4:30p.m.	1-4:30p.m.
Pool Rentals	N/A	N/A	7-9p.m.	12-1p.m. / 5-7p.m.	5-7p.m.
Swim Preschool (see page 12)	4-7p.m.	N/A	N/A	9a.m.-12p.m.	N/A

*Lap lane availability will vary on the time of day. 6-8a.m. is dedicated to lap swim only. All other times, there are 2-3 lanes available at first-come, first-served.

**Rec Pool Play & Open Swim:

The water slide and water playground are open play. The lap lanes are reserved for lap swimming and individual water exercise. On Mondays & Wednesdays, 3:30-7p.m., the number of swimmers allowed during rec pool play may be limited due to swim lessons. It is advised to check the swim lesson schedule on page 12 for dates of possible early closings.

Anchored Down Aqua:

This class targets everyone with an action-packed workout for the abdominal and gluteal areas. Progressive water exercises are programmed to strengthen, define, and tone!

It's Back! Squeaks n' Creaks:

An arthritis-based water exercise class offering an impact-free method of exercise for affected joints and muscle groups requiring that special touch. Cardio work is not omitted from this class, perfect for the beginner or a back-to-fitness exerciser.



Anchored Down Aqua - Give it a Try!

Sports★Com Indoor Pool Schedule

Activity	Monday, Wednesday & Friday	Tuesday & Thursday	Saturday	Sunday
Lap Swim	6-8a.m. / 11a.m.-1p.m. / 3-6p.m. (1 lane)	6-8a.m. / 11a.m.-1p.m. / 3-7p.m. (1 lane)	8a.m. - 12p.m. (2 lanes)	N/A
Shallow H2O Exercise	8-9a.m. / 6-7p.m.	8-9a.m.	N/A	N/A
Gentle Joints	9-10a.m.	N/A	N/A	N/A
Deep H2O Exercise		9-10a.m. / 4:30-5:30p.m. / 6-7p.m.	8:30-9:30a.m.	N/A
Toning	N/A	5:30-6:00p.m.	N/A	N/A
Individual Rehab	10-11a.m.	9-11a.m.	N/A	N/A
Open Swim	3-6p.m. / 7-8:45p.m.	7-8:45p.m.	1-4:30p.m.	1-4:30p.m.
Pool Rentals 895-5040	N/A	N/A	12-1p.m. / 5-7p.m.	5-7p.m.
Swim Academy (See page 12)	N/A	4-7p.m.	9a.m. - 12p.m.	N/A

Shallow H2O Exercise:

A moderate-to-high cardio workout, abdominals and muscle conditioning in the shallow end of the indoor pool.

Gentle Joints:

A perfect class for those who require impact-free exercise while increasing strength and balance. Work through a full range of motion for flexibility benefits. Great for those with limitations such as arthritis, orthopedic problems, fibromyalgia, and for beginning exercisers. Takes place in the shallow end of the indoor pool.

Deep H2O Exercise:

Knowledge of swimming is not required. Using hip flotation belts, this great workout develops aerobic endurance and muscle conditioning. Perfect for those with impact limitations!

Toning:

This class is for participants who are seeking more strength and toning than offered in our other classes, focusing on a total-body strength workout on abs, upper and lower body! Stay after the 4:30-5:30pm class or come early for the 6:00-7:00pm class.



Swim Preschool

Even though the weather is cold, water safety should still be a top priority. Make sure your children are developing and continually improving their water skills. Enroll them in The Swim Preschool of Murfreesboro to ensure they have knowledge of the water that is sure to last a lifetime.

-Monday & Wednesday classes will run for 3 weeks meeting twice a week, each class being 30 minutes.

(Mondays & Wednesdays / Classes begin from 3:50 p.m. - 7 p.m. depending on level)

-Saturday classes will run for 4 weeks each class being 45 minutes.

(Saturdays / Classes begin from 8:00 a.m. - 12 p.m. depending on level)

Ages: 6 months to 4 years

Dates: Jan. 3 - Jan. 24, 2011 (M&W)

Jan. 8 - Jan. 29, 2011 (Sat)

Feb. 7 - Feb. 28, 2011 (M&W)

Feb. 5 - Feb. 26, 2011 (Sat)

Location: Patterson Park Community Center

Fee: \$60

Contact: Niki Hensley - 615-893-7439 nwitten@murfreesborotn.gov

** Registration is required

Swim Academy

According to the Center for Disease Control, there are over 3,500 drownings each year in the United States. Of those drownings, 25% are under the age of 14. Does your child know how to swim? It's never too early to begin thinking about aquatic safety. Sports*Com offers swim lessons for children ages 5-12! Our classes are based on the American Red Cross learn-to-Swim program and taught by certified Water Safety Instructors. Adult lessons are also available!

Ages: 5-12 & 18+

Dates: January 4 - January 20, 2011 (Tuesdays & Thursdays / Classes begin from 4 p.m. - 6 p.m. depending on level)

January 8 - January 29, 2011 (Saturdays / Classes begin from 9 a.m. - 11 a.m. depending on level)

February 8 - February 24, 2011 (Tuesdays & Thursdays / Classes begin from 4 p.m. - 6 p.m. depending on level)

February 5 - February 26, 2011 (Saturdays / Classes begin from 9 a.m. - 11 a.m. depending on level)

Location: Sports*Com Indoor Pool

Fee: \$60

Contact: Nate Williams - 615-895-5040 / nwilliams@murfreesborotn.gov

** Registration is required

American Red Cross Lifeguard Class

Learn skills and knowledge to prevent and respond to aquatic emergencies. Prerequisites include a 500-yd Swim & 20-yd brick retrieval. Upon passing, candidates will be certified in Lifeguarding & First Aid, CPR/AED for the professional rescuer & Oxygen Administration.

Ages: 15 +

Dates: February 15 - March 10, 2011

Days: Tuesdays & Thursdays

Times: 6:00 p.m. - 9:00 p.m.

Location: Sports*Com

Fee: \$145

Contact: Nate Williams - 615-895-5040 / nwilliams@murfreesborotn.gov

**Registration is Required

American Red Cross Lifeguard Instructor Course

Become certified to teach American Red Cross lifeguard courses! Participants must be currently certified as an American Red Cross lifeguard and be at least 17 years old.

Ages: 17 +

Dates: February 8 - March 10, 2011

Days: Tuesdays & Thursdays

Times: 6:00 p.m. - 9:00 p.m.

Location: Sports*Com

Fee: \$100

Contact: Nate Williams - 615-895-5040 / nwilliams@murfreesborotn.gov

**Registration is Required



**Get ready for next
summer by taking lessons this
winter!**

Polar Bear Plunge

There is not a better way to ring in the new year than plunging in to Sports*Com's frigid outdoor pool the second Saturday in January. Participants of the 8th annual Polar Bear Plunge are encouraged to bring non perishable foods to benefit the Murfreesboro City School Family Resource Center to partake in the plunge. At 8:30 a.m., the Sports*Com gym will once again be transformed to an Arctic Adventure for families to play games, play on inflatables, drink coffee or hot chocolate, eat donuts, and register for the plunge. At 10 a.m., plungers and spectators will make their way to the outdoor pool to take the plunge! T-shirts to commemorate the plunge will be available for purchase the day of the event. Preregistration is not required but will be available at Sports*Com beginning December 1, 2010.

Ages: All Ages
Date: January 8, 2011
Location: Sports*Com Outdoor Pool (Arctic Adventure in Gym)
Fee: FREE with the donation on nonperishable foods to benefit the Murfreesboro City Schools Family Resource Center
Contact: Nate Williams – 615-895-5040 / nwilliams@murfreesborotn.gov

Bring Your Sweetheart to Aerobics

What could be a better way to say 'I love you' than by making a splash in the pool to get a great workout for you and your special someone. It is time to see if your other half can keep up with you and the rest of the class while pumping their muscles and getting their heart rates up. It is sure to be a good time for all who attend!

Ages: ALL
Day: Monday
Date: February 14, 2011
Time: 8 am, 9 am & 5:30 pm
Location: Patterson Park Pool
Fee: \$4.00 or Premium Pass
Contact: Niki Hensley – 615-893-7439, nhensley@murfreesborotn.gov

Morning Water Aerobics

If you're looking for a great way to get in shape this fall and want to have fun at the same time, then join us for a water exercise class. Whether you are a fit being, looking for a challenge or recovering from a surgery or suffering from arthritis, we have something for you. The 8 am class is an intense workout that will get your day started off right. While the 9am class will sooth your joints and inspire you to spend more of your mornings in the pool because of how good you will feel afterwards!

Ages: ALL
Days: Monday – Friday
Time: 8 a.m. & 9 a.m.
Location: Patterson Park Pool
Fee: \$4.00 or premium pass
Contact: Niki Hensley – 615-893-7439, nhensley@murfreesborotn.gov



Evening H2O Cardio Class

This class is for the working people of Murfreesboro! It is ideal for those just getting off work and ready to work out the stress for the day. It is a low impact, fast-paced class aimed to up your heart rate and burn those calories off. Don't be fooled though, after your cardio session there will be time to target the abs, tone your arms and lift that bottom with special moves that only the water allows. It truly is a great way to get or stay in shape that is a bit out of the norm!

Ages: ALL
Days: Monday, Wednesday
Time: 5:30 p.m. - 6:30 p.m.
Location: Patterson Park Pool
Fee: \$4.00 or Premium Pass
Contact: Niki Hensley – 615-893-7439, nhensley@murfreesborotn.gov

Early Bird Swim – Sports*Com & Patterson Park Indoor Pools

There is nothing like a refreshing swim to get your day started! Take advantage of the opportunity to do just that at the Sports*Com and Patterson indoor pools this winter. The pools will be open Monday through Friday, 6 a.m. to 8 a.m., for those who want a great and invigorating morning workout.

Ages: All ages
Dates: Ongoing
Days: Monday – Friday
Time: 6 a.m. – 8 a.m.
Location: Sports*Com & Patterson Park Indoor Pools
Fee: General Admission (\$3 Adults / \$2 Youth & Seniors)
Contact: Nate Williams – 615-895-5040 / nwilliams@murfreesborotn.gov

Water Polo

Are you looking for a unique way to get an intense workout? Come play water polo on Tuesday nights! This is an activity designed for swimmers, who are comfortable in the deep end of the pool.

Ages: 13+
Dates: Ongoing
Day: Tuesdays
Time: 7:00 p.m. – 8:45 p.m.
Location: Sports*Com Indoor Pool
Fee: General Admission (\$3 Adults / \$2 Youth & Seniors)
Contact: Nate Williams – 615-895-5040 / nwilliams@murfreesborotn.gov

YOUTH

Homeschool P.E.

Homeschool P.E. is for children from 1st – 9th grade to participate in physical education activities. Space is limited to 30 children per class. Please call 893-7439 in advance to reserve your spot. Children under the age of 8 must have a parent/legal guardian present at all times. Minimum of 4 participants to hold class.

Ages: 1st – 9th grade
 Date: January 10 – May 26
 Day: Tuesdays and Thursdays
 Time: 1 pm – 2 pm
 Location: Patterson Park Community Center
 Fee: \$3 per child or Premium Admission
 Contact: Mike Philpott @ 893-7439 ext. 18

Homeschool P.E.—8th-12th Grades

This 45-minute class will focus on teaching students the skills needed to make physical activity a part of their everyday lives. Students will learn fundamentals of weight-lifting and how to use the facility's weight equipment as well as how to choose and design personal cardiovascular programs. It is best for students to start at the first of the session for better understanding.

Ages: 13 to 17
 Date: Session 2: Jan. 3- May 30
 Day: Please call for day and time
 Location: Sports*Com Weight Room
 Fee: Premium Pass or \$3.00 each class --Students must preregister by one week before chosen session. Space is limited.
 Contact: Allison Davidson, 895-5040 or adavidson@murfreesborotn.gov

Youth Indoor Soccer

Youth Indoor Soccer is for children ages 8 – 12 years old to be able to compete in a six to seven week schedule with a single elimination tournament at the end of the season. Although this league signs up participants as a team, individuals are welcome to sign up and will be placed where space is available. All coaches must have a background check performed by the Murfreesboro Parks and Recreation Department in order to put a team in the league. Each player will pay \$3 or premium admission each night of play. Space is limited.

Ages: 8 – 12 years old (as of the start of the season)
 Date: Sign-ups: December 6 – January 10
 League Play: Week of January 17
 Day: TBA
 Time: First game may start at 6 p.m.
 Location: Patterson Park Community Center
 Fee: \$3 per child or Premium Admission
 Contact: Mike Philpott @ 893-7439, ext. 18

After School Programs

Join other youth in practicing their skills and participating in athletic activities. Activities will include basketball, floor hockey, dodgeball, and game room activities.

Ages: Youth
 Date: December-February
 Day: Monday, Wednesday, Friday
 Time: 3:00p.m. to 5:00p.m.
 Location: McFadden Community Center
 Fee: Free
 Contact: Gary Arbit, 893-1802

Youth Volleyball

Bump, set and Spike it at Sports*Com, as qualified coaches give instruction on every aspect of the game. From beginners to advanced players, youth volleyball athletes in middle school and high school will get the opportunity to develop and refine their skills.

Ages: 11 - 17
 Dates: Thursdays
 Time: 4:30 to 6:00 P.M.
 Location: Sports*Com
 Fee: \$3 per visit or Premium Pass
 Contact: Thomas Laird – 615-907-2251, tlaird@murfreesborotn.gov



ADULT

50+ Basketball

For participants 50 years and over to play some half-court pick up basketball games in friendly competition. Come by Patterson Park Community Center on Tuesday nights starting at 6:30 p.m. and bring a friend.

Ages: 50 and up
Date: November 16 – February 22
Day: Tuesday nights
Time: Starting at 6:30 p.m.
Location: Patterson Park Community Center
Fee: General Admission
Contact: Mike Philpott @ 893-7439, ext. 18



Adult Recreational Coed Volleyball League

The Recreation Department offers recreational volleyball for those players who are out to have fun. The league plays at Patterson Park on Monday nights in a laid-back atmosphere. Social interaction and fun are a big part of the league. Teams wanting to get in the league can call the contact information below. We usually have room for individuals without a team, so please call and let us know you're interested.

Ages: Adults
Dates: Mondays beginning in February
Time: Games will begin at 6:00, 7:00 and 8:00 p.m.
Location: Patterson Park
Fee: \$4 per visit per person or Premium Pass
Contact: Thomas Laird – 615-907-2251, tlaird@murfreesborotn.gov

Adult Power Coed Volleyball League

Murfreesboro Parks and Recreation offers competitive volleyball for those players who have experience with the game. The league plays at Sports*Com on Thursday nights, and the competition is stiff. Teams wanting to get in the league can call the contact information below. Experienced players without a team should contact us and we will try to get you involved.

Ages: Adults
Dates: Thursdays beginning in February
Time: Games will begin at 6:00, 7:00 and 8:00 p.m.
Location: Sports*Com
Fee: \$4 per visit per person or Premium Pass
Contact: Thomas Laird – 615-907-2251, tlaird@murfreesborotn.gov

Sports*Com Adult Basketball League

Sports*Com's Adult Basketball League is a great way for adult athletes to stay in shape and play the game. League offers full court games with qualified officials one day a week. Teams wanting to get in the league can call the contact information below. We usually have room for individuals without a team, so don't let that discourage you.

Ages: 30 and over
Dates: Wednesdays beginning in January, 2011
Time: Games will begin at 6:00, 7:00 and 8:00 p.m.
Location: Sports*Com
Fee: \$4 per visit per person or Premium Pass
Contact: Thomas Laird – 615-907-2251, tlaird@murfreesborotn.gov



ADULT

Spring Adult League Basketball

Spring Adult League Basketball is designed for adults, 18 years of age and older, to compete against others in about a seven-week season with a single elimination tournament at the end of the season. Each player will pay \$4 or Premium Admission each night of play. Space is limited to eight teams.

Ages: 18 and up
 Date: Sign-ups: January 10 – February 4 (or until full)
 League Play: Tentative Start Date March 1
 Day: Tuesday and Thursday nights
 Time: Games are either 6:30 or 7:30
 Location: Patterson Park Community Center
 Fee: \$4 per player or Premium Pass
 Contact: Mike Philpott @ 893-7439, ext. 18

Adult Indoor Soccer

Adult Indoor Soccer is designed for adults, who are 18 years of age and older to compete against others in about a seven week season with a single elimination tournament at the end of the season. Each player will pay \$4 or premium admission each night of play. Space is limited to six teams.

Ages: 18 and up (as of the start of the season)
 Date: Sign Ups: December 6 – January 10
 League Play: Week of January 17
 Day: Wednesday nights
 Time: first game may start at 6 p.m.
 Location: Patterson Park Community Center
 Fee: \$4 per player or Premium Admission
 Contact: Mike Philpott @ 893-7439 ext. 18

**Adult Spring Softball Program Meeting**

For those interested in entering a team in the 2011 Adult Spring Church Softball League and/or Adult Open Softball League. There will be both men and women's teams. A team representative must attend this meeting.

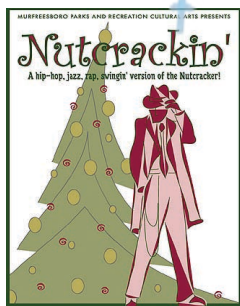
Fee: \$350.00 per team
 Dates: Sunday, February 20, 2011
 Time: 2:00 p.m.
 Location: Sports*Com
 Ages: 18 years old and up
 Contact: Athletics Office at 615 – 907 – 2251

Spring Racquetball League

The Racquetball League is designed for men and women of all skill levels, who are 13 years of age and older, to compete against others in about a seven week season with a tournament at the end of the season. Each player will be assigned an opponent, but it will be up to the players to schedule the exact time and day to play. The fee for the league is \$15 (Patterson Park Community Center admission is not included in the \$15), which covers a league T-shirt and tournament prizes. Available Divisions are as follows: A = Pro, B = Advanced, C = Novice, Women's, 50 +, and 17 & Under.

Ages: 13 and up
 Date: Sign-Ups: February 7 – March 18
 League Play: Tentative Start Date April 3
 Day: Day and time will be determined between opponents.
 Location: Patterson Park Community Center
 Fee: \$15 per player (Patterson Park Community Center admission is not included in the \$15)
 Contact: Mike Philpott @ 893-7439 ext. 18





Nutcrackin'

A hip-hop, jazz, rap, swingin' version of the Nutcracker! Over 50 area dancers will take the stage in the nontraditional holiday event! The play is being directed by Terry Ann Womack, with choreography from The Dancer's School – Jimmi Lou Tate, Jordan Tate, Sara Raines and Shannon Jernigan.

Ages: All
Date: November 26 – 28, December 3-5, 2010
Time: 7:00 p.m. on Fridays and Saturdays, 2:00 p.m. on Sundays
Fee: Adults \$7.50 / Youth, Seniors \$6.00
Contact: Terry Ann Womack – 615-893-7439/ twomack@murfreesborotn.gov

Sunshine Players

The Sunshine Players is a membership group for children/youth ages 4-17. There is a fee of \$30.00 (per fiscal year) for membership. Membership entitles you to free lessons and workshops; entry to a talent show and acting showcase; a membership card and t-shirt; and discount tickets to shows. We provide the majority of your costumes, and you get to keep your script.

Acting Classes

These classes are held in The Theatre at Patterson Park.

Mondays – ages 4-10 / 5:30 – 6:15 PM

Tuesdays – ages 8-17 / 5:30 – 6:15 PM

There are no classes during Fall Break or Christmas Break or holidays when the facility is closed.

Film Makers Workshop

Held on the second Saturday of each month in The Theatre at Patterson Park, this workshop is open to ages 10 and up and will explain and demonstrate how to write a script, direct, film and edit. The workshop will be from 9:30 a.m. - noon.

A Christmas Treasury

A variety show featuring Christmas traditions, Christmas around the world, familiar tales and carols.

Ages: All
Date: December 10 and 11
Time: 7:00 p.m. on Friday / 1:00 p.m. and 7:00 p.m. on Saturday
Tickets: Adults \$7.50 / Youth and Seniors \$6.00 / Current SP Members \$3.00
Contact: Terry Ann Womack – 615-893-7439/ twomack@murfreesborotn.gov

The Golden Goose

An original adaptation of the beloved fairy tale. Simpleton sets out to chop firewood for his mother and meets a Dear Little Old Lady in the woods. She brings him Goldie, the Golden (and talking) Goose and sends him to the castle of King Krank to woo the Princess Cry Baby. The suitor who can make the princess smile wins her hand and half the kingdom. Goldie is not only golden but enchanted, and anyone touching her feathers sticks to them. As Goldie and Simpleton wind their way to the castle, they pick up "literally" everyone they meet. The sight of Simpleton and his stuck-together retinue of an innkeeper and family, a bride and a cook not only makes the princess smile but has her laughing hysterically. This is a particularly happy combination of a story and play. There are parts for 8 boys and 11 girls between the ages of 8 and 15.

Auditions: Sunday, January 2 / 2-4PM
Monday, January 3 / 6:30-8:30PM
Production: February 11-13, 2011
Friday and Saturday at 7PM
Sunday at 2PM

Location: The Theatre at Patterson Park
Fee: A once-a-year Sunshine Players' Membership fee of \$30.00
Tickets: Adults \$7.50 / Youth and Seniors \$6.00 / Current SP Members \$3.00
Contact: Terry Ann Womack – 615-893-7439 / twomack@murfreesborotn.gov

"A Storybook Easter"

An original script, the Easter Bunny, on his way to deliver eggs, gets kicked in the head "accidentally" by a chipmunk and cannot remember who he is, except that his name is Peter. The forest creatures find a storybook and try to help him remember based on some stories in the book. There are many parts for ages 4 – 11, some dancing.

Auditions: Sunday, February 27 / 2-4PM
Monday, February 28 / 6:30-8:30PM

Location: The Theatre at Patterson Park
Fee: A once-a-year Sunshine Players' Membership fee of \$30.00
Contact: Terry Ann Womack – 615-893-7439 / twomack@murfreesborotn.gov

The Brothers Grimm

Presented by Cultural Arts and the Nashville Opera (Perfect for Elementary Audiences). This season we present the American Premiere of Dean Burry's *The Brothers Grimm*. Follow Wilhelm and Jacob Grimm as they write the classic tales of Rapunzel, Little Red Riding Hood and Rumpelstiltskin. This student-friendly, 45-minute English production comes with full sets and costumes, audience interaction, five professional opera singers and a pianist, all members of Nashville Opera's Mary Ragland Young Artist Program.

Ages: All
Date: Saturday, March 12
Time: 7:00 p.m.
Fee: Free, limited seating, tickets available to the general public beginning February 15, 2011
Location: The Theatre at Patterson Park
Contact: Terry Ann Womack – 615-893-7439/ twomack@murfreesborotn.gov

TODDLER & PRESCHOOL

Wee Play

New at Patterson Park is a program just for the “wee” ones, those children between 6 months and two years old. Instructor-led activities will include puppets, instruments, parachute activities, crafts and story time. These sessions offer young children the opportunity to interact with children the same age while mom or dad is still close by.

Ages: 12 months-2 years
 Day(s): Mondays
 Dates: December-February
 Time: 10:00-10:45 am
 Location: Patterson Park Community Center
 Fee: Free with Premium Pass or \$3.00
 Contact: Trina Pullum, 893-7439

A, B, C, 1, 2, 3... Let's Go

This program offers a variety of programs that appeal to toddlers and preschoolers. We will sing songs, have active and passive games, a story, a short lesson (letter or number), and do a craft!

Hold on, because this program moves fast (almost as fast as your toddler does)!

Ages: 2-5 years
 Day(s): Every Tuesday and Thursday
 Dates: December- February
 Time: 10:00-10:45a.m.
 Location: Patterson Park Community Center
 Fee: Free with Premium Pass or \$3.00
 Contact: Trina Pullum, 893-7439
 (Registration required)
 No class on December 23 and 28.

Busy Bees

This great toddler class focuses on following directions, participating in a group environment, improving coordination and practicing good sportsmanship. Call ahead to reserve your spot!

Ages: 3-5 years
 Days: Tuesday & Thursday
 Time: 10:45 - 11:15a.m.
 Location: PPCC Wellness Center
 Fee: Premium Pass or \$3.00
 Contact: Jane Ogg, 893-7439

**Book Worms**

Preschool age children and their parents visit different stations for a yummy snack craft, an art craft, a story/cuddle time in the MHL Library. Each class is based on a selected children's book or theme.

Ages: 3-5 years
 Day(s): 2nd Thursday of each month
 Dates: December 9, January 13, February 10
 Time: 10:00-11:00a.m.
 Location: Patterson Community Center-MGL Library
 Fee: Free with Premium Pass or \$3.00
 Contact: Trina Pullum, 893-7439

Tumbleweeds

Kids learn the basic techniques of tumbling along with improving their balance, coordination, and overall fitness level. You must call the morning of class to reserve your spot—space is limited.

Ages: 3-5
 Days: Mondays & Wednesdays
 Time: 10:30-11:15 a.m.
 Location: Sports*Com Aerobic Room
 Fee: \$3.00 or Premium Pass. Preregistration is required.
 Contact: Allison Davidson 895-5040

Preschool Gymnastics

This program is great for children ages 3-5 to learn gymnastics basics. In these classes the focus will be on balance, hand-eye coordination, fitness and beginner level gymnastics skills. Registration begins December 6th. Space is limited.

Ages: 3-5
 Day: Wednesday
 Time: 9:00 am-9:45 am
 Dates: 8-week session begins January 5, 2011
 Location: PPCC Adult Gym
 Fee: \$30/8-week session
 Contact: Jane Ogg, 615-893-7439, ext. 23/jogg@murfreesborotn.gov

Toddler Time with Thomas

Little kids love to play and that's what they do while learning to wait their turn, follow directions and work together to accomplish simple goals. The focus is on body part recognition, cognitive skill development and, of course, FUN.

Ages: 5 and Under
 Dates: Fridays
 Time: 10 a.m.
 Location: Sports*Com
 Fee: \$3 per visit or Premium Pass
 Contact: Sports*Com, 895-5040

YOUTH



Dance!

Get the dance school experience for a fraction of the price! Students will learn the essentials of ballet and jazz in a disciplined classroom environment. Age-appropriate music, costumes and choreography will be selected. The dancers will showcase their hard work and talent at a recital in the Theatre at Patterson Park in May 2011. Space is limited.

Ages: 3-12
 Dates: Now through May 2011
 Days: Tuesday, Wednesday or Thursday
 Times: Ages 3-5 Tuesday 11:30 am-12:15 pm
 OR Thursday 11:30 am-12:15 pm
 Ages 5-7 Wednesday 3:45 pm-4:30pm
 Ages 8-12 Wednesday 4:30 pm-5:15 pm
 Location: PPCC Exercise Studio
 Fee: \$25/month
 Contact: Jane Ogg at 615-893-7439, ext. 23, jogg@murfreesborotn.gov

4-H with Mr. Shirley

Michael Shirley of the Rutherford County Extension Service will lead youth in various educational programs based on science, engineering and technology. Such classes will include food science, bridge building, GPS location plus lots more interesting topics and activities.

Ages: 8 - 12 years of age
 Day: Monday
 Dates: December 20, 2010, January 24, 2011, and February 28, 2011
 Time: 4-5 p.m.
 Location: PPCC Arts and Crafts Room
 Fee: Free
 Contact: Trina Pullum, 615-893-7439

Christmas Tea/Brunch

Celebrate Christmas in our 1800's Leeman House. Remember to dress in your finest Christmas attire. Refreshments will be served. Reservations required. Space is limited.

Ages: 4 - 10
 Date: December 11, 2010
 Day: Saturday
 Time: 9:00 a.m.-12:00 p.m.
 Location: Cannonsburgh Village
 Fee: \$2.50 per person. Reservations Required.
 Contact: Kathy Owen, 615/890/0355

Winter Wonderland Tea Party

Little girls love to pretend to dress up, act like ladies and be on their best behavior. The winter holiday season is a super time to give them the chance to do just that. Indulge in the perfect pot of tea at Mrs. Trina's holiday tea party. Wear your favorite dress-up outfit for this special event. Girls will enjoy a variety of festive activities and make a holiday craft. Party is limited to 15.

Ages: 3-10
 Day(s): Saturday
 Dates: December 18
 Time: 11am - 12:30 pm
 Location: GED room
 Fee: \$3:00/child
 Contact: Trina Pullum, 615-893-7439
 (Registration required)

Valentine Tea Party

What could be cuter than little girls dressed up, laughing and whispering to other little girls at a tea party? Help us celebrate Valentine's Day with "girly" activities, a craft and, of course, a perfect cup of tea. Party is limited to 15. (Registration required)

Ages: 3-10
 Day: Saturday
 Date: February 12
 Time: 11am - 12:30 pm
 Location: GED room
 Fee: \$3:00/child
 Contact: Trina Pullum
 615-893-7439



FAMILIES

Christmas at Cannonsburgh Village

A merry, old-fashioned village dressed for the holidays with music and fun for the family.

Ages: All ages
 Date: December 11, 2010
 Day: Saturday
 Time: 2:00 p.m. – 4:00 p.m.
 Location: Cannonsburgh Village
 Fee: Free
 Contact: Shelia Hodges 615/890-0355 / shodges@murfreesborotn.gov

**Sunday Series of FUN**

It's going to be fun on Sunday afternoons!

Holiday Decorations

We are decorating for our homes and ourselves.

Ages: Families (including single parents and extended families)
 Date: December 5, 2010
 Day: Sunday
 Times: 2:00 – 4:00 pm
 Location: Patterson Community Center
 Fee: A bag of nonperishable food items per family

Warm up craft

It is cold outside; but we will be warm again.

Ages: Families (including single parents and extended families)
 Date: January 9, 2011
 Day: Sundays
 Times: 2:00 – 4:00 pm
 Location: Patterson Community Center
 Fee: A bag of nonperishable food items per family

Valentine's Day!

Valentine's Day crafts for all.

Ages: Families (including single parents and extended families)
 Date: February 6, 2011
 Day: Sundays
 Times: 2:00 – 4:00 pm
 Location: Patterson Community Center
 Fee: A bag of nonperishable food items per family

Contact: Marlane Sewell, 893-2141; email: msewell@murfreesborotn.gov



SENIORS

"The Loomy Birds"

We may be loom-y, but we're not loon-y. Join us to learn loom knitting; it's easy to learn, and fun to do. We'll provide the looms and yarn. Make hats for yourself and the senior community to stay warm this winter.

Ages: 60+
 Date: December 1, 2010, thru February 23, 2011
 Day: Wednesdays
 Time: 1:30 – 3:30 p.m.
 Location: St. Clair Street Senior Center; 325 St. Clair Street
 Fee: None
 Contact: Marlane Sewell, 893-2141, or msewell@murfreesborotn.gov

Holiday Presents & Ornaments

Try something new. In December we will make jewelry and beaded icicle ornaments for ourselves and for presents. Please bring a bag or two of beads to use and share. MPRD will furnish some also. Registration begins the first working day each month at St. Clair Street Senior Center. Space is limited to 18.

Age(s): 60+
 Dates: December 6, 2010
 Day: Mondays
 Times: 1:00 to 4:00 pm
 Location: Hosted by St. Clair Street Senior Center; 325 St. Clair Street
 Fee: None
 Contact: Marlane Sewell, 615-893-2141, msewell@murfreesborotn.gov

Cozy Candleholders & Cup Holders

Bring an old sweater or two that you won't mind cutting up, and several old jars.

Registration begins the first working day each month at St. Clair Street Senior Center. Space is limited to 15 per class.

Age(s): 60+
 Dates: January 24, 2011
 Day: Mondays
 Times: 1:00 to 4:00 pm
 Location: Hosted by St. Clair Street Senior Center; 325 St. Clair Street
 Fee: None
 Contact: Marlane Sewell, 615-893-2141, msewell@murfreesborotn.gov

Polar Bear Days

Don't let the cold or warmth outside keep you from having great fun on the January afternoons. Join us for four afternoons of fun, games and crafts. There's a new game and a twist on an old one. Refreshments served.

Ages: 60+
 Date: January 5, 12, 19, 26, 2011
 Day: Wednesdays
 Time: 1:30 – 3:30 pm
 Location: St. Clair Street Senior Center, 325 St. Clair Street
 Contact: Marlane Sewell, 615/893-2141; msewell@murfreesborotn.gov

Polar Bear Night's Potato Bar

Round up your potato at the bar. MPRD is furnishing the potatoes and the drinks: St. Clair is furnishing the paper goods and silverware. Seniors are to bring toppings for the potatoes, salads, or desserts. Topping suggestions range from sour cream, plain yogurt, cheese, onions, chives or green onions, salsa, etc. Please contact the St. Clair Street Senior Center, 848-2550, to make your reservations, and let us know what you are bringing. Deadline is Thursday January 6, 2011, at 4:00 pm.

Age(s): 60+
 Date: January 13, 2011
 Day: Thursday
 Time: 5:30 pm – 9:30 pm
 Location: St. Clair Street Senior Center; 325 St. Clair Street
 Fee: Admission is a potato topping, a salad, or dessert for 12.
 Contact: Marlane Sewell, 615/893-2141, msewell@murfreesborotn.gov



SENIOR DANCES & PARTIES

Winter Holiday Dance

Enjoy an evening of dancing to the music of the Bill Sleeter Trio. Admission is \$5.00 per person at the door. Cosponsored by Murfreesboro Parks and Recreation Department, St. Clair Street Senior Center, and the St. Clair Classics. For more information call Yvonne Jones, 896-6050.

Ages: 60+
 Date: December 10, 2010
 Day: Friday
 Time: Refreshments served beginning at 6:30 pm
 Dance from 7:00 to 10:00 p.m.
 Location: St. Clair Street Senior Center; 325 St. Clair Street
 Fee: \$5.00 per person at the door.
 Contact: Yvonne Jones, 896-6050

Noon Year's Eve

We'll start our celebration with the countdown to NOON. Then party in New Year's with the music of James Satterwhite. Co-sponsored by St. Clair Street Senior Center. Deadline to order lunch and to make your reservation for the party is Monday, December 13, 2010.

Ages: 60+
 Date: December 30, 2010
 Day: Thursday
 Time: Lunch served at 10:45 am; to order your boxed lunch call 848-2550.
 Party time is 10:30 am to 1:00 pm
 Location: St. Clair Street Senior Center; 325 St. Clair Street
 Fee: None for party
 Contact: Marlane Sewell, 615/893-2141; msewell@murfreesborotn.gov or
 Brenda Elliott, 615/848-2550; bellott@murfreesborotn.gov

**St. Clair Classics**

Enjoy an evening of dancing and music to the Debbie Bailes Trio. Admission is \$5.00 per person at the door. For more information, call Yvonne Jones, 896-6050

Age(s): 60+
 Dates: January 14, 2011
 Day: Saturday
 Times: 7:00 to 10:00 pm; doors open at 6:30 pm
 Location: St. Clair Street Senior Center, 325 St. Clair Street
 Fee: \$5.00 per person at the door
 Contact: Yvonne Jones, 896-6050

Valentine's Dance

Wear your dancing shoes and join us for music and dancing. Light refreshments provided. Cosponsored by St. Clair Street Senior Center and the St. Clair Classics. Admission is \$5.00 at the door. Music by Jim Salee Sax & Sounds.

Ages: 60+
 Date: February 4, 2011
 Day: Friday
 Time: 6:30 pm refreshments available; 7:00 – 10:00 pm dance.
 Location: St. Clair Street Senior Center; 325 St. Clair Street
 Fee: \$5.00 per person at the door
 Contact: Yvonne Jones, 896-6050

Red Hot Valentine's Bash

We're painting the center red hot for Valentine's Day! Refreshments, games, and Hearts bingo. No charge. Please contact the St. Clair Street Senior Center, 848-2550, to make your reservations. Deadline is Wednesday, February 9, 2011. Cosponsored by St. Clair Street Senior Center.

Ages: 60+
 Date: February 14, 2011
 Day: Monday
 Time: 9:00 to 11:00 am
 Location: St. Clair Street Senior Center; 325 St. Clair Street
 Fee: None
 Contact: Marlane Sewell, 615/893-2141; msewell@murfreesborotn.gov or
 Brenda Elliott, 615/848-2550; bellott@murfreesborotn.gov

St. Clair Street Senior Center offers a variety of services, programs, and activities for individuals age 60 and over. The Center is open weekdays 8 a.m. to 4:30 p.m. and Saturdays 12:30 to 3:30 p.m. and special occasions. Phone: 848-2550

SENIORS

February is

Did you know February is National Grapefruit Month? And National Snack Food Month, and Potato Lover's Month? There is also a "Shape up with Pickles week, National Tortellini Day, National Gum Drop Day, and Dog Biscuit Appreciation Day. You never know what Marlane has cooked up for this month!!!!!!

Registration begins the first working day each month at St. Clair Street Senior Center. Space is limited to 15 per class.

Age(s): 60+
Dates: February 28, 2011
Day: Mondays
Times: 1:00 to 4:00 pm
Location: Hosted by St. Clair Street Senior Center; 325 St. Clair Street
Fee: None
Contact: Marlane Sewell, 615-893-2141, msewell@murfreesborotn.gov



Winter Wonderland Party for Preschoolers

Don't let your preschooler get the winter time blahs. Instead, come to the Wilderness Station for a wintry, wondrous celebration. Join in on winter-themed games, crafts and treats!

Ages: 3 – 5 years
Dates: Saturday, January 22, 2011
Time: 10:00 a.m.
Location: Wilderness Station
Fee: \$3
Contact: Wilderness Station, 217 – 3017
Registration Required.

Wild Things

Frogs, birds, and bugs...oh my! Salamanders, snakes, and squirrels that fly! Toddlers learn to play and sing, and take home crafts with nature themes. Adventures made one-size fits all...so tots and parents can have a ball!

Ages: 1 – 4 years with adult
Day: Wednesdays
Times: 9:30 a.m. (Call on the Tuesday before for reservations.)
Location: Wilderness Station
Fee: \$3.00
Contact: Wilderness Station, 217 – 3017. Reservation required.

Growing Up Wild

Has your toddler "graduated" from Wild Things and is looking for the next step? Growing Up Wild is an internationally used program developed by Project Wild that helps explore nature with young children to foster an interest and appreciation of wildlife and the natural world around them. Come join us for a Wild Time!

Ages: 3 – 6 years with adult
Day: Wednesdays
Time: 10:30 a.m. (Call on the Tuesday before for reservations.)
Location: Wilderness Station
Fee: \$3.00
Contact: Wilderness Station, 217 – 3017. Reservation required.

FREE Backpacks for Education!

The Greenway and Wilderness Station are now offering free educational backpacks for morning and afternoon checkout. These backpacks are a great way to introduce your children or students to nature. Whether you're a teacher or interested parent, our educational backpacks offer fun and learning to children of all ages. Each backpack has a theme and includes specific learning material and programs surrounding the theme. The themes are: Birds, Trees, Insects, and Wildflowers. So pick your favorite subject and get outside to explore and learn about Tennessee's beautiful wilderness. Backpacks may be checked out at the Wilderness Station at Barfield Crescent Park.

Talking Stick

Learn the secret behind an Indian Talking Stick as we listen to Native American tales. Then hike for some natural materials, and make your own Native American "Talking Stick" to take home with you.

Ages: 5 – 8 years
Dates: Saturday, January 29, 2011
Time: 10:00 a.m.
Location: Wilderness Station
Fee: \$3
Contact: Wilderness Station, 217 – 3017.
Registration Required.



Owl Wisdom

What is your owl IQ? Join us as we take a look at these amazing animals and unlock some interesting facts. Then roll up your sleeves and dissect an owl pellet to see what was for dinner. It's gross but so much fun!

Ages: 8 – 12 years
Dates: Saturday, February 5, 2011
Time: 2:00 p.m.
Location: Wilderness Station
Fee: \$5 (\$3 + \$2 activity fee)
Contact: Wilderness Station, 217 – 3017.
Registration Required.

Snow Moon

Gather around as we share Nicholas Brunelle's magical winter story, *Snow Moon*, and get inspired to learn more about owls and how they survive the winter. Then make a special owl craft to take home.

Ages: 3 – 6 years
Dates: Saturday, February 12, 2011
Time: 10:00 a.m.
Location: Wilderness Station
Fee: \$3
Contact: Wilderness Station, 217 – 3017.
Registration Required.

Unplug and Read at the Wilderness Station

We are celebrating literacy. Bring your family and join us as we read a book together and then enjoy a related activity.

Ages: All
Dates: Saturday, February 19, 2011
Time: 2:00 p.m.
Location: Wilderness Station
Fee: Free
Contact: Wilderness Station, 217 – 3017.
Registration Required.

Bird Hike and Coffee Talk

Search for winter resident birds of Barfield Crescent Park with a park naturalist and then stay for a cup of migratory bird – friendly coffee and visit with friends new and old. Please bring your own binoculars if you have them. We have a few to lend out on a first-come, first-served basis. All levels of experience are welcome and appreciated. Reservations are required.

Ages: 6 and up
 Dates: Saturday, December 11th, 2010, and January 8th, 2011
 Time: 2:00 p.m.
 Location: Wilderness Station
 Fee: Free
 Contact: Wilderness Station, 217 – 3017.

Bird Club

The great city of Murfreesboro now has its very own bird club! This group meets monthly at different locations all around the city. We welcome all levels of experience and encourage anyone who is interested in birds and bird behavior to join us! Please call the Wilderness Station for monthly dates and times, 217 – 3017. We look forward to seeing you!

Wilderness Station Room Rentals & Birthday Parties!

Celebrate in the comfort and fun atmosphere of the Wilderness Station's Retreat Room! Whether young or young at heart, plan your next event or birthday party conveniently at Barfield Crescent Park's Wilderness Station! For details, go on-line. To make a reservation, you must call 615-217-3017.

Wilderness Station Winter Hours:

Sunday: 12 pm - 5 pm

Mon: 9 am – 12 pm

Tues – Sat: 9 am – 5 pm

Winter Night Hike

Bundle up and head out on a naturalist-led night hike on the paved trails of Barfield Crescent Park. A lot of things are moving about on these chilly nights making a winter adventure to remember. Listen for the howls of coyotes and the calls of the resident owls. View the bright stars and the frozen landscape. Finish the evening out back at the Wilderness Station around a cozy fire and enjoy a warm drink and roasted marshmallows. Registration Required.

Ages: All
 Dates: Saturdays, January 22, February 5, 2011
 Time: 6:00 p.m.
 Location: Wilderness Station
 Fee: \$3.00, ages 3 and under are free.
 Contact: Wilderness Station, 217 – 3017.

Animal Encounters

What is that crawling, slithering, sliding, flying, and hopping across the trail or even in your backyard? Each week we will look at one of our resident education animals for a mini lesson of animals that call Tennessee home. Come out and meet the best teachers we have – the animals!

Ages: All
 Day: Saturdays
 **No Animal Encounters: December 25th or January 1st **
 Time: 1:30 – 2 p.m.
 Location: Wilderness Station
 Fee: Free
 Contact: Wilderness Station, 217-3017

Teachers, Homeschoolers & Scouts

Field Trips & Field Studies for your group:

We have added several new programs to share with your group. We can now accommodate large classes or small rotational groups. All programs are correlated with state standards or can be adjusted to satisfy badge requirements. Contact Rachel Singer for a complete list of programs and locations at 217-3017. Also, you may e-mail rsinger@murfreesborotn.gov or check out our website at www.murfreesborotn.gov/parks under Greenway & Wetlands or Wilderness Station.

Third Annual Breakfast with Bob

Here at the SportsCom, we know it's difficult to stay motivated to exercise during the holidays so We want to reward everyone for their exercise commitment during this busy time

Instructions:

We will be charting your visits to the SportsCom weight room or track starting Monday, December 20, 2010, through Sunday, January 2, 2011. (2-week holiday workout period)

*If you exercise 2 times during the 2-week holiday period, Bob will shake your hand.

*If you exercise 5 times during the 2-week holiday period, Bob will shake your hand, pat your back and say, "Good effort" with minimal feeling.

*If you exercise 8 times during the 2-week holiday period, Bob will shake your hand, pat your back and say, "Good job" adding emotion to his voice. He will also give you a breakfast bar, but he can't stick around to eat it with you.

*If you exercise 11 times during the 2-week holiday period you will receive a special invitation to attend Breakfast with Bob! During this special event Bob will personally tell everyone, "Great Job" with genuine excitement!



Age: Adult (age 16 +)

Registration: Begins Thursday, December 16, 2010 and Ends Monday, December 20, 2010.

Please register at the SportsCom Weight room sign-in desk.

Date: Monday, December 20 – Sunday, January 2

(2 week holiday workout period)

Excluding Christmas and New Year's Day /Sports Com will be closed

Friday, January 14 – Breakfast with Bob – **invitation only**

Location: SportsCom weight room and track

Fee: Free

Contact: Jennifer Joines – 615-895-5040

or e-mail jjoines@murfreesborotn.gov

Holiday Hold Continues and Ends

You still have one more month to go to keep those dreaded holiday pounds away. Keep coming to classes and using the exercise equipment to counter those many parties, snacks and stress. Post-measurements will be taken Jan. 3 through 7. If you kept your weight within 5 lbs and your waist within one inch, you may win a prize.

Ages: 18 and up

Date: Jan. 3-7: Post-measurements

Day: Workouts and activities done on own

Time: Workouts and activities done on own

Location: Sports*Com

Fee: FREE (you must pay normal facility fees for any activities)

Contact: Allison Davidson, 895-5040

3rd Annual Aerobic Triathlon

Challenge your fitness level with 2 hours of exercise. You'll get 45 minutes each of cardio, weight training and stretching/yoga. Refreshments will be offered. Can you complete all three?

Ages: 18 and up

Date: February 5, 2011

Day: Saturday

Time: 9:00 a.m. – 11:30 a.m.

Location: Sports*Com Aerobic Room

Fee: Premium Admission (\$4 Adults / \$3 Youth & Seniors)

Contact: Allison Davidson, 895-5040

Heart Healthy Giveaway

Win a special treat on Valentine's Day!

Work out at the SportsCom and receive a heart.

Fill in the heart with:

1. Your name

2. Your Number

3. What you love most about Sports*Com, and we'll enter your name in the giveaway.

** (only one entry per customer please) **

Age: Adult

Date: Monday, February 14, 2011

Time: Open to Close

Location: SportsCom

Fee: Free

Contact: Jennifer Joines – 615-895-5040 or e-mail jjoines@murfreesborotn.gov

6am Running Group

We'll be running outside – weather permitting.

Age: Adult
 Day: Monday, Wednesday and Friday
 Date: Monday, December 6, 2010 – Friday, March 25, 2011
 Time: 6:15am
 Location: SportsCom
 Distance: 3 miles
 Fee: Free
 Contact: Jennifer Joines – 615-895-5040 or e-mail jjoines@murfreesborotn.gov

Martial Arts Schedule

Shuharido School of Karate
 Karate Style: Wado Ryu (Japanese Karate)
 Instructor: David Harris – Certified 3rd Degree Black Belt
 Ages: 14 years and up
 Location: Sports Com
 Days & Times: Tuesday 6:00-7:30pm
 Friday 6:00-7:30pm
 Fee: Call for information
 Contact: David Harris, 615-896-6431

The Absolute Walking Program

Go from strolling to finishing a 5K in 8 weeks!
 This Intense program is designed to create a new habit - regular exercise!

Age: 18+
 Date: Monday, February 14, 2011 - Friday, April 8th
 Day: Monday -Friday
 Time: 8am
 Location: Sports Com - Outside Walking Trail
 (Please dress for the weather)
 Fee: free
 Contact: jjoines@murfreesborotn.gov or 895-5040 Sports Com
 Registration required

Fitness Assessments--\$35.00

This is a 45-minute test measuring cardiovascular fitness, muscle strength, flexibility and body fat percentage. Advanced scheduling is mandatory.

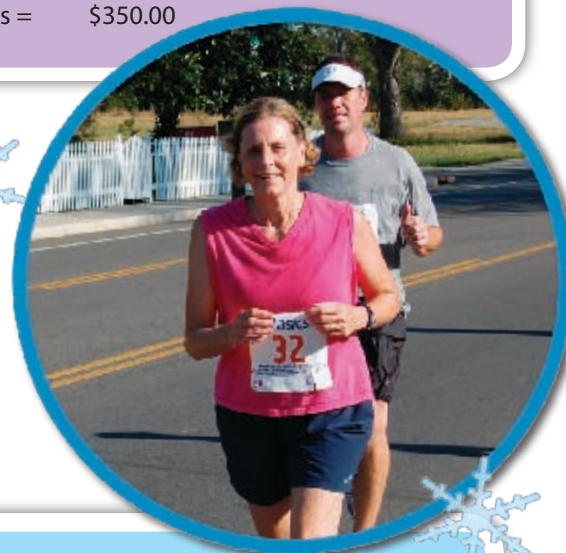
Cholesterol Testing--\$25.00

This is a blood lipid panel test performed by an off-site lab (Quest Laboratories). Purchase of this test is available ONLY at Sports*Com.

Personal Training

Accredited personal trainers will create an individually tailored workout schedule.

1 hour session =	\$35.00
4- 1 hour sessions =	\$120.00
8- 1 hour sessions =	\$220.00
12- 1 hour sessions =	\$300.00
15- 1 hour sessions =	\$350.00



Dieting Tips while Travelling for the Holidays!

Wear workout gear & sneakers

~You'll be able to run through the airport. Plus, you'll be more apt to get up and move if you're delayed.

Pack Snacks

~Bring fruit, water, nuts, veggies, whole-grain cereal and low-cal/low-sugar energy bars.

Focus on other indulgences

~Catch up on sleep, drink lots of water, eat fresh fruit, and enjoy some pampering.

Take a daring fitness class

~Try something you might not try at home – boxing or salsa dancing. Find the nearest gym and score a free pass at www.gymticket.com.

Most important – Don't let your travels derail your diet.

Further information – Please call Jennifer Joines – 615-895-5040 or e-mail jjoines@murfreesborotn.gov

Patterson Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Blast 8:30 - 9:30 a.m.	Yoga 8:30 - 9:30 a.m.	Cardio Blast 8:30 - 9:30 a.m.	Pilates 8:30 - 9:30 a.m.	Core Values 8:30 - 9:30 a.m.	
Senior Sensations 9:30 - 10:30 a.m.	Zumba 9:30 - 10:30 a.m.	Senior Sensations 9:30 - 10:30 a.m.	Zumba 9:30 - 10:30 a.m.	Senior Sensations 9:30 - 10:30 a.m.	Saturday Surprise 9:00 - 10:00 a.m.
	Zumba 4:30 - 5:30 p.m.		Step-n-Sculpt 4:30 - 5:30 p.m.	Body Sculpt 4:30-5:30 p.m.	
Step-n-Sculpt 5:30 - 6:30 p.m.	Step-n-Sculpt 5:30 - 6:30 p.m.	Body Sculpt 5:30 - 6:30 p.m.	Cardio Blast 5:30 - 6:30 p.m.		
Yoga 6:30 - 7:30 p.m.	Step-n-Sculpt 6:30 - 7:30 p.m.	Yoga 6:30 - 7:30 p.m.	Body Sculpt 6:30 - 7:30 p.m.		

Body Sculpt

Weight and resistance training for anyone. Tone and tighten from your head to your toes using bands, physioballs and weights.

Cardio Blast

Incorporates boot-camp moves, step, and weight training to maximize your caloric output, fat burning and total body toning.

Pilates

Lengthen, strengthen and tone your way to a better body. Pilates concentrates on stabilization, alignment and core strength. Significant abdominal and lower back work.

Saturday Surprise

This class will vary each week depending on instructor and participant input. Get the workout you want!

Senior Sensations

Especially designed for sensational men and women over 50. This class will improve your cardiovascular capacity, as well as your flexibility.

Step-N-Sculpt

Have fun while giving your heart a great workout, then sculpt key muscle groups using free weights. Abdominal work is also included in this full-body workout.

Yoga

For beginning and intermediate levels. The class focuses on improving your balance and flexibility, while at the same time reducing stress. A great way to wind down.

Zumba

A dynamic and exciting dance-based fitness program for everyone! Fuses Latin rhythms with international music themes and combines the principles of interval training and resistance.



Sports★Com Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	X-press 6:15-5:45 p.m.		X-press 6:15-5:45 p.m.			
	Tai Chi 7:00-7:45 a.m.		Tai Chi 7:00-7:45 a.m.			
Zumba 8:15 - 9:15 a.m.	Core Energy 8:00 - 9:00 a.m.	Zumba 8:15 - 9:15 a.m.	Core Energy 8:00 - 9:00 a.m.	Zumba 8:15 - 9:15 a.m.	Step/Tone 8:30 - 9:30 a.m.	
Retro Fit 9:15-10:00 a.m.	Total Body 9:15-10:15 a.m.	Retro Fit 9:15-10:00 a.m.	Total Body 9:15-10:15a.m.	Retro Fit 9:15-10:00 a.m.		
B-B-C 5:00 - 6:00 p.m.	Step/Tone 5:00 - 6:00p.m.	Zumba 5:00 - 6:00 p.m.	Step/Tone 5:00 - 6:00 p.m.	Step/Tone 5:30 - 6:30p.m.		
Step/Tone 6:00 - 7:00 p.m.	Yoga 6:00 - 7:00p.m.	Step/Tone 6:00 - 7:00p.m.	Yoga 6:00 - 7:00 p.m.			
	Zumba 7:15-8:15p.m.					

Brick-Body-Circuit (B-B-C)

An intense cardio and weight training class! Burn calories, build muscle and have FUN using interval circuits. Consists of high, moderate and low impact movements with weight training.

Core Energy

This class concentrates on stabilization, alignment and core strength. Consists standing moves and floor work with significant abdominal and lower back work.

Total Body

This is a nonstop workout that uses dumbbells, body bars, balls, steps and even your own body weight to help you develop the lean muscle tissue you need for a toned physique.

Retro-Fit

This is a weight-lifting class a notch or two easier than our regular Total Body classes. Perfect for beginners and older clientele; consists of basic moves focusing on strength and flexibility.

Step & Step/Tone

This class consists of basic and not-so-basic moves using a traditional aerobic step. Designed for most fitness levels, it consists of moderate to high impact cardiovascular movements and may include additional toning and abdominal exercises.

Yoga

This class focuses on improving balance and flexibility as well as assisting in reducing stress. For beginning and intermediate levels.

Tai Chi

Based on an ancient Chinese discipline, this class consists of slow movements, gentle postures and relaxed minds and bodies. Perfect for all ages and levels, consists of standing and moving postures.

X-Press

30 minutes of straight weight lifting joy. A perfect quickie workout or complement to your regular routine (or our running club).

Zumba

A dynamic and exciting dance-based fitness program for everyone! Fuses Latin rhythms with international music themes and combines the principles of interval training and resistance.





MJ's Detroit Hustle Soul Line Dance

Dancing is an excellent way to lose weight, lower your blood pressure and cholesterol. You can laugh and meet new friends. New dances taught each month. Never danced before? No problem. Walk-ins are welcomed. No dancer left behind, on site instructors.

Mondays :	10:30 am – 11:30 am 7:30 pm – 8:30 pm
Wednesdays:	10:30 am – 12:30 pm
Fridays:	6:00 pm – 8:00 pm
Location:	PPCC Exercise Studio
Ages:	All Ages
Fee	\$20.00 monthly
Fee	\$5.00 drop in
Contact:	MJ Hollins, 713-8143, or digitalmj@bellsouth.net

Martial Arts

Have you ever wanted to get in shape, gain self-confidence, learn self-defense, increase flexibility, and have a great time? Join Bryan in the Patterson Exercise Studio for Martial Arts.

Ages:	All
Dates:	Ongoing
Days:	Tuesday, Thursday, Saturday
Time:	T & Th 7:30pm – 8:30pm, Sat. 10am – 12:00pm
Location:	PPCC Exercise Studio
Fee:	Contact Bryan
Contact:	Bryan Todd 584-1024

12-Week Weight Loss Challenge

Is your New Year's Resolution to lose weight and improve your health? If your answer is yes, then you may be ready for the 12-week weight loss challenge. There will be informative group meetings, a personalized exercise program, and accountability. The winner will be determined by the percentage of weight lost. Space is limited. The deadline for registration is Jan 3rd.

Ages:	16 & up
Dates:	Beginning January 3rd/Final Weigh-in March 28th
Days:	Meetings/Weigh-ins are on Mondays
Time:	5:30pm – 6:30pm
Location:	Patterson Park Meeting Room
Fee:	\$100
Contact:	Chad Hill, C.S.C.S., @ 893-7439/chill@murfreesborotn.gov

Tai Chi

Tai Chi is an ancient Chinese discipline consisting of slow movements and postures done in a fluid and relaxed manner. It is used to reduce stress, increase flexibility, improve muscle strength, increase stamina and agility and increase the feeling of well-being.

Ages:	15 and up
Dates:	Ongoing
Days:	Thursdays, Fridays, and Saturdays
Time:	Friday 7:00-8:00 am, Saturday 12:30 - 1:00 pm @ Patterson Park Thursdays 5:30 - 6:45 p.m. @ Sports*Com
Fee:	Contact Bret Hawkins
Contact:	Bret Hawkins @ 895-4932





Holiday Specials!

Buy One, Get One Free in December!

Starting December 13, purchase an Individual Yearly or Monthly Pass at either Sports*Com or Patterson and get one FREE! Passes are good at both locations! Special ends at 4p.m. on December 31, 2010. When purchasing a monthly or yearly pass, the free pass must be a monthly or yearly pass of equal or lesser value.

25% Off All Individual Yearly & Monthly Passes in January!

During the month of January, we are offering 25% off Individual Yearly and Monthly Passes at both of our locations: Sports*Com and Patterson Community Center! Passes are good at both locations! Discount begins January 2 and ends January 31, 2011, at 5:00p.m.

Why choose us?

No Joining Fees!

We won't charge you extra for the privilege of buying one of our passes...

No Contracts!

We won't commit you to a multiyear contract...you have your choice of passes: yearly or monthly passes.

Pools, Wellness Centers, Full Court Gymnasiums, Tot Watch, Water & Land Exercise Classes, Recreation Programs and more!

Admission to the outdoor pool at Sports*Com requires a premium pass.

Winter Special Events...



Christmas at Cannonsburgh

A merry, old-fashioned village dressed for the holidays with music and fun for the family.

Saturday, December 11, 2010

2:00-4:00p.m.

Polar Bear Plunge

There is not a better way to ring in the new year than plunging in to Sports*Com's frigid outdoor pool the second Saturday in January.

Saturday, January 8, 2011

8:30-10:30a.m.



Visit www.murfreesborotn.gov/parks for more info!